USF Team Announcements

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USF Masters Workouts

Check out some virtual USF virtual Masters workouts coming up! Click here to sign up in advance. Please sign up each week 24 hours in advance so we can plan your class in the best way.
- Sunday 5pm & Thursday 12pm: Open水族 ao Loose & Rosamond
- Sunday 5pm & Thursday 12pm: Strength Conditioning & Stretching & Aquagym

Koren Fitness Classes

Looking for additional classes through Koret? Check out the website for lots of NEW VIRTUAL OPTIONS!

Other Dryland Workouts

Workout #1
Try this 20 minute yoga workout from SELF on their website!

Workout #2
Find out how Olympian Cody Miller is staying in shape during his time out of the water in this interview!

Workout #3
Find out how USMS offers workouts that target specific muscle groups or daily workout routines!

Workout #4
Add these stretches into your daily routine to improve your flexibility!

Workout #5
Check out this 20 minute power yoga workout from SELF on their website!

Inspiring Quote of the Week

"DO THE BEST YOU CAN, UNTIL YOU KNOW BETTER. THEN WHEN YOU KNOW BETTER, DO BETTER." - Fields Hawkins

Closing

Follow us on Instagram! For Instagram updates: In touch with us on facebook at the squares department usmssquares: Join the conversation on Twitter. To stay in your state with University updates, please visit our Coronavirus Resource Page.